

Hallux Valgus and Hammer Toe



Hallux Valgus e Dedo em Martelo

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Palavras-chave: Hallux Valgus; Síndrome do Dedo do Pé em Martelo.



Figure 1 - Hallux Valgus and Hammer Toe.

An elderly woman was observed after hip surgery to start a rehabilitation program; physical examination revealed a lush hallux valgus, however no complaints were reported.

Hallux valgus is a frequent forefoot deformity; global prevalence is 35% in those over 65 years-old.¹ Women are more affected; deformity is normally attributed to ill-fitting shoes.¹ Imbalance of the extrinsic/intrinsic foot muscles and ligaments is involved in pathogenesis.¹

Symptoms include pain in the bunion, hammer or claw

toe, and metatarsalgia.¹ An angle ($> 15^\circ$) between the longitudinal axes of the first metatarsal and the proximal phalanx of the hallux with the vertex at the head of the first metatarsal confirms the diagnosis.¹

Adequate correction isn't possible in the elderly and conservative treatment is restricted to symptoms relief.¹ Surgical treatment is indicated when maintained pain impairs foot function and should be followed by a rehabilitation program, usually with full load bearing in a flat orthopedic shoe.¹

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